

**MULTI-SERVICE SENIOR CENTER**

40086 PASEO PADRE PARKWAY
FREMONT, CA 94538
www.ci.fremont.ca.us



LUNCH: 12:00 NOON

Members: \$4:00 SENIORS
Non-Members: \$5:00
Youngsters: \$6:00

TICKETS INFORMATION # 790-6610

OFFICE # 790-6600

*Vegetarian Option Available

LUNCH NOVEMBER 2003

MEALS ARE COOKED ON SITE

SOLD:

FIRST-COME, FIRST-SERVED
NO REFUNDS, NO EXCHANGES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Oven Roasted Top Round Parsley Potatoes Vegetable Salad, Roll, Dessert	4 <u>Los Amigos</u> Chicken Enchiladas Black Beans & Rice Vegetable, Salad, Dessert	5 Garlic Roasted Chicken Noodles, Vegetables Salad, Garlic Bread Dessert	6 Baked Salmon with Dill Sauce Rice Pilaf, Vegetables Salad, Roll, Dessert	7 Coconut Chicken with Curry Sauce Basmati Rice Vegetables, Salad Roll, Dessert
10 Chicken Chow Mein Fried Rice, Vegetable Egg Rolls, Dessert	11 CLOSED FOR VETERANS DAY	12 Salisbury Steak w/ Mushroom Gravy Garlic Mashed Potatoes Vegetable, Salad, Roll Dessert	13 Oven Fried Catfish with Cajun Sauce Steamed Rice, Vegetables, Salad Roll, Dessert	14 Birthday Party Baked Ham with Fruit Sauce Macaroni & Cheese Vegetable, Salad, Roll Dessert
17 Braised Lamb Shanks with Vegetables over Moroccan Style Couscous Salad, Roll, Dessert	18 Home Made Chili with Beans Steamed Rice Vegetable, Salad Corn Bread, Dessert	19 Roasted Chicken Glazed w/Orange & Brandy, Roasted Potatoes, Vegetable Salad, Roll, Dessert	20 Tri-Tip w/ Au jus & Creamed Horseradish Sauce Baked Potato, Salad Vegetable, Roll, Dessert	21 New England Style Clam Chowder in a Sour Dough Bowl Salad, Dessert
24 Chicken Scaloppini w/ Lemon Caper Sauce Orzo, Tomato, Zucchini Garlic Bread, Dessert	25 <u>TURKEY DINNER \$5</u> Roast Turkey, Stuffing Mashed Potatoes/gravy Cranberry Sauce, Vegetable, Salad, Roll Pumpkin Pie	26 Grilled Liver & Onions Mashed Potatoes & Gravy, Vegetable Salad, Roll, Dessert	27 CLOSED FOR THANKSGIVING DAY	28 CLOSED FOR THANKSGIVING DAY
December 1 Curried Chicken with Basmati Rice, Chutney Vegetable, Salad Roll, Dessert	December 2 <u>Los Amigos</u> Paella Salad, Roll, Flan	December 3 Roasted Pork Loin with Garlic & Thyme Smothered Potatoes Vegetable, Salad, Roll Dessert	December 4 Two Beef Tacos Spanish Style Rice Refried Beans Salad, Dessert	December 5 Boneless Chicken Breast Glazed with Apricots & Olives, Vegetable Salad, Roll, Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.